

NOVEMBER/DECEMBER 1995  
VOLUME 24, #6  
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# USA GYMNASTICS

FEATURES ON

THE ROAD  
TO ATLANTA

RHYTHMIC WORLD  
CHAMPIONSHIPS

WORLD TEAM  
TRIBES

TERESA  
KULIKOWSKI

BLAINE WILSON

1995 CONGRESS  
HOLIDAY SPECIAL

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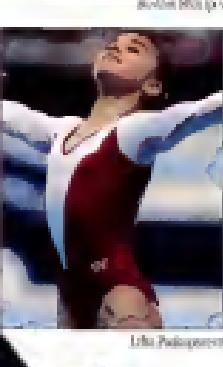
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# USA GYMNASTICS

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## FEATURES

### RHYTHMIC WORLD CHAMPIONSHIPS

Jessica Davis and Tina Tharp represented the U.S. at the 1995 Rhythmic World Championships. Davis' 24th place finish in the all-around earned the U.S. a berth at the 1996 Olympic Games.



Jessica Davis  
Tina Tharp

### WORLD TEAM TRIALS

The U.S. selected the 1995 Men's and Women's World Championships teams at the Majors World Team Trials in Austin, Texas.



Jessica Davis

### THERESA KULIKOWSKI

Theresa Kulikowski competed in her first international competition at the 1995 World Championships in Japan. She helped the U.S. team earn a bronze medal.

### BLAINE WILSON

Blaine Wilson made his first World Championships appearance and traveled to Saitama, Japan. He finished 25th all-around and was the top finisher for the U.S. men in the all-around competition.

### USA GYMNASTICS CONGRESS AND CEREMONY OF HONORS



The USA Gymnastics Congress and Ceremony of Honors were held in New Orleans, La., in conjunction with the Coca-Cola National Championships. The Congress attracted record breaking attendance.



### HOLIDAY SPECIAL

Some of the U.S. National Team members gave us their Holiday Wish Lists and Favorite Holiday Recipes.

# USA GYMNASTICS

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# **FEMALE ATHLETE TRIAD TASK FORCE**

by Kathy Franklin

In the fall of 1994, USA Gymnastics created a Task Force to examine its response to the Female Athlete Triad (disordered eating, amenorrhea and osteoporosis). This Task Force was created because USA Gymnastics recognizes its responsibility to understand the Female Athlete Triad and to actively pursue policies that will provide a healthy environment in which gymnasts can pursue their goals.

The purpose of the Task Force is to recommend improved programs for administrators, athletes, coaches, judges and parents. To our knowledge, this is the first time a governing body of a sport has so aggressively pursued an understanding of the Task and asked so openly for guidelines and recommendations.

**T**he Task Force is chaired by Nancy Thies Marshall, 1972 Olympian and Vice-Chair for Women for USA Gymnastics, and represents

of opinion on the Female Athlete Triad. It includes sport psychology consultants, nutritionists, medical experts, Olympic athletes, coaches, judges and parents of athletes.

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**T**he Task Force began by examining the Female Athlete Triad and trying to determine to what extent it affects gymnasts. Young female athletes are at risk of developing disordered patterns of eating which may lead to menstrual dysfunction (amenorrhea) and subsequent premature osteoporosis or bone loss. Disordered eating refers to the spectrum of abnormal patterns of eating, including behaviors such as binging and purging or both food restriction, prolonged fasting, use of diet pills, diuretics or laxatives, and/or thought patterns such as preoccupation with food, dissatisfaction with one's body, fear of becoming fat, and a distorted body image.

The number of gymnasts affected by disordered eating or Triad related problems is unclear. But, the Task Force concludes that the few studies available indicate enough of a prevalence that it is important to address the issues associated with the Triad.

**A**t its root, disordered eating is a psychological problem, not a nutritional problem. In making that recognition, the Task Force concluded that all efforts must be made to ensure that all gymnasts participate in an environment that leads to positive self-esteem as the best prevention for disordered eating and potential subsequent health problems.

**M**any steps have been taken by USA Gymnastics to ensure a positive environment for gymnasts and to decrease the incidence of disordered eating and related problems. Such measures include, but are not limited to: educational information on nutrition and psychology being made available to members through USA Gymnastics magazine, Technical magazine and our membership department; educational sessions provided to participants at the state, regional and national Congresses of USA Gymnastics; a sport psychology consultant and nutritionist on staff to work with our female National Team Members; and parent education disseminated through the National Team meetings and TOPs camp.

**A**dditional steps were recommended by the Task Force to help athletes, coaches, judges, parents, club administrators and USA Gymnastics administration.

**S**uggestions for athletes **includes:** providing role models to further develop self-esteem and encourage communication, creating a video that includes athlete testimonies, providing athletes the opportunity to discuss their concerns with professionals, providing assistance in the transition from gymnastics competition to retirement, and providing information for athletes on how to address their coaches and parents with concerns.

**S**uggestions for coaches **includes:** creating additional educational programs on how to create a positive environment in the gym and recognize the signs and symptoms of disordered eating; providing assistance to coaches in utilizing the services of sport psychology consultants

**M**any steps have been taken by USA Gymnastics to ensure a positive environment for gymnasts and to decrease the incidence of disordered eating and related problems.

and nutritionists, and providing guidelines to coaches about positive ways to discuss weight and strength issues.

**T**he following suggestions were made for judges: providing education on Tracid-related topics, including articles in Technical on the impact of authority figures on the development of adolescent and athlete self-esteem, encouraging interaction of judges and gymnasts on a non-competitive basis, continuing to educate judges on performance judging versus appearance judging, and developing guidelines and appropriate terminology to assist judges in discussing routines with gymnasts, parents and coaches.

**S**uggestions for the parents **includes:** increasing the membership options that would include a periodical newsletter for parent members, providing information on what to look for in selecting a coach or club and on ways to discuss problems with a coach, providing parent sessions at regional, state and national USA Gymnastics Congresses, and publishing a book for parents that includes general information about the sport, parenting, body, athlete psychology and parenting the elite gymnast.

**R**ecommendations for club administrators **includes:** instituting a policy of periodic and frequent open practices at



clubs working with parents to develop a parent's club, ensuring that periodic sessions occur between the coaches and parents, and providing for group education sessions for parents to include athlete psychology and nutrition.

**T**hese suggestions were made for USA Gymnastics administrators: developing a club certification program that will identify those clubs that provide an excellent program and positive environment for gymnasts, and seeking support from sports scientists and others in researching issues related to the Female Athlete Task Force.

If you would like to receive the full copy of the report, write to USA Gymnastics Magazine, "Female Athlete Task Report," Pan American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225, or fax your request to 317/237-3069.



# YOU'VE COME A BABY! A LONG WAY

Baby snapshots taken straight from your favorite athletes' personal family albums.

## GUESS WHO?

This month's mystery athletes are top-level gymnasts. Using the clues below, can you figure out who they are?

- This gymnast trains at Ohio State University and is a member of the 1990 World Championships Team.



- He moved from ninth all-around at the 1990 National Championships to third all-around at the 1990 Championships and second all-around at the 1990 World Team Trials.

- He is 21 years old and was a member of the men's relay team at the 1990 Goodwill Games.

## WHO IS HE?

FIND ANSWERS  
ON PAGE 42!



## WHO IS SHE?

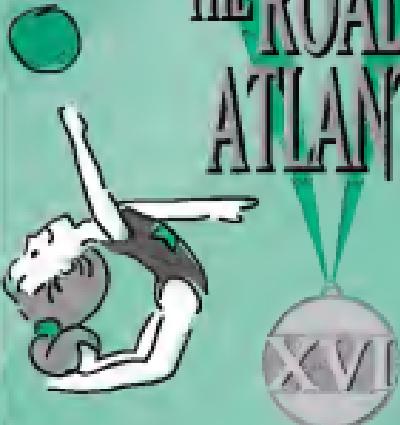
- This gymnast won the 1994 U.S. Olympic Festival and tied for the gold medal in floor at the 1990 Coca-Cola National Championships.

- She is 19 years old and trains at Colorado's Arvada Gymnastics Systems, Colorado.

- She is a member of the 1990 World Championships Team.

## U.S. Gymnasts Who Have Made More Than One Olympic Team

# THE ROAD TO ATLANTA



Atlanta Olympic organizers released their Top 10 list of ticket requests for the 1996 Olympic Games and it's heavy on **GYMNASTICS**.



**WOMEN**

Julianne McNeeran	1980 & 1984
Kathy Johnson	1980 & 1984
Theresa Tellevens	1980 & 1984
Kim Chase May	1972 & 1976
Ursula McNeeran Malvina	1964, 1968 & 1972
Carley Elyse McCoy	1988 & 1992
Muriel Davis Greenfield	1960, 1964 & 1968
Perle Pusche Brause	1960, 1964 & 1968
Marian Tsvetina Borova	1948 & 1952
Dorothy Delson	1948 & 1952
Mona Neumann Elsner	1948 & 1952
Clara Bohrnth Lomsky	1948 & 1952

**MEN**

Dominick Minnella	1960 & 1964
Lance Kingbird	1968 & 1972
Scott Johnson	1964 & 1968
Berti Cetner	1976, 1980 & 1984
Jim Hartung	1980 & 1984
Peter Malmur	1980 & 1984
Markel Avner	1972 & 1976
Brian Hug	1968 & 1972
Makurou Nakamoto	1964 & 1972
Larry Bauser	1960 & 1964
Antonando Vega	1956 & 1964
Jack Beekster	1952, 1956 & 1960
Abbie Grossfeld	1928 & 1932
Charles Bimme	1932 & 1936
Bill Kotschette, Jr.	1948 & 1952
Edouard Bonyhe	1948 & 1952
Vincent D'Austerio	1948 & 1952
Frank Cumiskey	1932, 1936 & 1948
Frank Haukeid	1928, 1932 & 1936
Alfred Jacklin	1932, 1936, 1948 & 1952
Patrick Mayer	1928 & 1932
Harmon Wistig	1928 & 1932
Frank Kitz	1920, 1924 & 1928
John Pearson	1924 & 1928
Paul Krempl	1920 & 1928
RHYTHMIC	
Michele Berrios	1984 & 1988

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3. GYMNASTICS, July 21. Men's vault, parallel bars and high bar finals, men's balance beam and floor exercise finals
4. GYMNASTICS, July 23. Women's team in gymnastics
5. DIVING, July 23. Women's platform preliminaries
6. GYMNASTICS, July 25. Women's team in gymnastics
7. BASKETBALL, August 5. Men's bronze and gold medal games
8. GYMNASTICS, July 26. Men's floor exercises, parallel bars and high bar finals, women's vaults and uneven bars finals
9. BASEBALL, August 6. Gold medal game
10. DIVING, August 1. Men's platform preliminaries

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**DEAR KIM:** I'm 11 and a Level 6 gymnast. How old were you when you were a Level 6 gymnast? How much conditioning do you do?

Laura Van Cleave  
Wellesley, Calif.

**DEAR LAUREN:** I'm 16. I started competing just days before my tenth birthday so that time there was a different level system. I competed at a Class 6 which is about equal to a Level 7 or 8. About an hour of conditioning every morning. That's one of the most important parts of my training.

**DEAR KIM:** I'm 24 years old, and I was on Level 8 before I quit. Unless you quit how old do you get enough courage to get back into gymnastics? I still love the sport, but I do not know how to get enough courage to go back.

Jessica Miller  
Spring Hill, Florida

**DEAR JAIME:** I'm 16 and a Level 6 gymnast, you shouldn't worry about quitting

Send your questions to: USA Gymnastics, Clark Hall, Pan American Plaza, 201 S. Capitol Avenue, Suite 300, Indianapolis, IN 46225.

she. But is what brought me back are the girls. I know that I used to missing out and I wanted to share more. You only have nothing to lose if you enjoy what the sport gives you.

**DEAR KIM:** I'm 18 years old and I started 5. I'm having trouble with my handstand on the floor. No matter how hard I try I just can't get all the way up. The top beammatics I've ever gotten a little scared when I'm on the high beam. Do you think you can help?

Lisa Moore  
Los Angeles, California

**DEAR LISA:** Don't give up. Perfecting a handstand especially on the floor takes a lot of practice and repetition. Practice holding your handstand on the floor as often as possible. If it's easier, hold if you need a little help keeping your balance. Use a mat underneath start to practice. It will be much easier on the floor.

**DEAR KIM:** I'm having trouble with my handstands on the single bar. I just barely make it around and bend my arms. My coach says it is because I don't have a good handstand before I go into it. Do you have any pointers?

Kristen Peasley  
Lancaster, Florida

**DEAR KRISTEN:** Try much as you can. Lifting on a straight bar and give your arms power as you go over the bar. Then fall with

a hollow body position until you touch where the bar for you should be. Open your shoulder and big eagle as you come through the bottom so that your arms are in a straight line through the approach. If you're not used to it, your wrists when you reach the top to help keeping your arms straight.

**DEAR KIM:** I'm 9 years old and I started 5. I just moved to Missouri. At my old gym, we didn't have to circle our arms before doing a handspinning vault. At my new gym, my coaches won't let me circle my arms before vaulting. Is there anything that would help me get used to them?

Kelly Brueggen  
Independence, Missouri

**DEAR KELLY:** When you learn a skill one of the easiest ways to find a lot of confidence in your skills is to change your technique. The more basic you practice making with your arms circle, the more it will get. Holding your straight or math circle that is done may be beneficial for vaults to help you get used to the arm-circles.

**DEAR KIM:** What are you doing for the Olympics this year?

Jessica Miller  
Spring Hill, Florida

**DEAR JESSICA:** For me, the holidays are the greatest and experiencing time with my family. I am not competing, my friends and I do a lot of community self-activity work. Try giving.

## ASK THE MEN

Do you have a question for one of the members of our men's Senior National Team? Write to USA Gymnastics, "Ask the Men," and we'll have the greatest answers answer your questions. Here's a sample letter:

**DEAR JOHN ROETHLISBERGER:** I'm 13 years old and a 3rd year of power. I train at Olympic Round Gymnastics in Los Angeles. I was wondering when you started gymnastics and what advice do you have for someone my age who wants to go to the Olympics. Thank you. I am 13.

Tom Angeles, Calif.

We'll read the letter to John, or any other male National Team Member, and print the letter and his response. You can get advice from the top man in the country! Write to USA Gymnastics, "Ask the Men," Pan American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225. We'll do our best to get your questions answered.

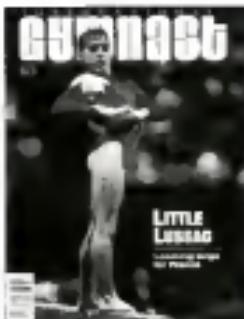
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"SEE PAGE 33 FOR LOW FAT, GOOD TASTING HOLIDAY RECIPES



By Robert C. Beals and  
Elizabeth W. Cramton

Graduate Research Assistants, Laboratory for Elite Athlete Performance, Center for Sports Medicine and Sport Sciences, Georgia State University

Under the direction of  
Dr. Dan Bussard, PhD, RD, LD  
National Team Nutritionist, USA Gymnastics

**M**any people associate the holiday season with fattening foods and weight gain, but this doesn't have to be the case. Everyone can enjoy the season with friends and family without experiencing fear of weight gain. All it takes is a little planning, for everyone to enjoy the holidays without guilt or fear of eating unhealthy foods. It's also important to consider that what you do *most* of the time is the critical factor in determining performance and health. If you eat properly most of the time, then you should feel very good about enjoying a slice of apple pie with members of your family. Your goal for most of the time should be the consumption of lots of carbohydrates (plenty of fruits, vegetables, grains and cereals), moderate protein (don't be afraid to have meat occasionally), and food that is low in fat (avoid foods that are fried or high in visible fat, as much as possible). Also, as a priority, consume small amounts frequently enough (about every 2-3 hours) that you never let yourself get hungry.

These days, most supermarkets carry many reduced fat and fat-free products that have just as much flavor as their high fat counterparts. Some convenience items that can be purchased in lower fat varieties include cheese, ice cream, tortilla

chips, margarine, dressings and dips, frozen entrees and even cookies. It is also possible to significantly reduce the amount of fat in recipes without sacrificing flavor. Examples of recipe substitutions include the following:

- Nonfat yogurt or applesauce in place of oil in baked goods
- Nonfat yogurt in place of mayonnaise in salad dressings and sour cream in vegetable dips
- Two egg whites or 1/4 cup commercial egg substitute in place of one whole egg
- Skim or low fat milk instead of whole milk, half and half, or cream
- White meat in place of dark meat, when consuming poultry
- Lean ground turkey in place of ground beef

Another way to reduce the fat in a meal is to change the cooking method. Cooking methods that limit added fat to a meal can help keep dietary fat levels low. Look for recipes that use cooking methods such as steaming, boiling, roasting, grilling, or baking. Methods such as frying or sautéing will increase the fat content in a recipe and should be used infrequently. Cutting visible fat off red meat and removing skin from poultry before cooking will also help decrease fat levels. These ideas can help you adapt a favorite recipe, which may be typically

high in fat, into a healthy dish that fits easily into your active lifestyle.

For many people, the holidays are the busiest time of year. Between work or school, practice, visits from relatives, and holiday shopping, it's difficult to find time to prepare good meals, so eating out has become the solution. Contrary to popular belief, restaurants can be a healthy alternative to home-cooked meals. A 1988 National Restaurant Association survey found that close to 90% of table-service restaurants will accommodate special requests. Look for key words on menus such as steamed, broiled, roasted, baked or grilled. Ask for menus to be served without butter or oils. Avoid cream soups, or have them served on the side so you can have the amount you choose. Don't be afraid to ask the server specific questions about how food is prepared.

Keep in mind that a few indulgences during the season are not going to affect performance. Don't be concerned with every single item that is consumed. Instead, look at food intake over time, remembering that eating a few foods higher in fat can be balanced by consuming other foods lower in fat during the day. Be aware of substitutions, low-fat preparation methods, and healthy options in restaurants, and enjoy the holiday season to its fullest with family and friends.

TYPICAL FOODS			PREFERRED ALTERNATIVES		
FOOD	ENERGY (CALORIES)	FAT (g)	FOOD	ENERGY (CALORIES)	FAT (g)
Turkey, dark meat, 3.5 oz	203	8.3	Turkey, white meat, 3.5 oz	176	3.9
Suffling, Stove Top, 1 oz	105	2.1	Suffling, Stove Top, 1 oz	105	2.1
Mashed potatoes w/butter, 1 cup	226	9.6	Mashed potatoes, 1 cup	181	4.6
Gravy, homemade, 4 T	164	14.0	Low Fat Gravy*, 4 T	10	0.0
Mixed vegetables w/butter, 1 cup	227	5.5	Mixed vegetables, 1 cup	182	0.5
Pumpkin pie, homemade, 1 slice	317	16.8	Fresh Fruit Crisp*, 1/8 of recipe	140	5.0
Egg Nog (non-alcoholic), 1 cup	342	19.0	Low Fat Egg Nog*, 1 cup	140	4.0
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# USA Earns Berth to Olympic Games in Rhythmic Gymnastics

Tina Thorp

By Leon Pezzoli

The 1995 Rhythmic World Championships took place in Vienna, Austria, September 19-24. This event was the qualifying competition for the 1996 Olympic Games for individual competitors. The top 35 gymnasts from this competition (limit two per country) earned a berth for their country in the Olympic Games.

USA's Jessica Davis, 17, from San Anselmo, Calif., took 24th (Competition 1) in the all-around and earned the U.S. a spot in the 1996 Olympic Games in Atlanta, Ga. Davis trains at Gymnastics Pacific with her coach Jan Ener.

Davis summed up her experience at the World Championships by saying, "I was happy that I went out and did what I wanted to accomplish by earning a spot for the U.S. in the '96 Olympics. However, I was a little bit disappointed in my performance because I wanted to make all of my routines."

Tina Thorp from Jacksonville, Fla., took 55th in the all-around in her first World Championships. Thorp trains at International Rhythmic Gymnastics and is coached by Ekaterina Anguelova and Mila Marinova.

USA Gymnastics Rhythmic Program Director Nora Campbell said, "In 1992 there were 50 qualifiers to the individual competition at the Olympic Games. This year there are only 35 plus five wild card invitations. We feel very good to have qualified one athlete to the 1996 Olympic Games. The competition was very intense and difficult. The technical level of all the gymnasts was the highest it has ever been."

There were 97 competitors in the World Championships representing 43 countries. Only 15 countries qualified two athletes to the 1996 Olympic Games.

The 1996 Rhythmic National Championships is tentatively set for June 1-3. The 1996 Olympic Trials for Rhythmic Gymnastics is scheduled for June 25-26 in Boston, Mass. This event will determine the one athlete that will compete for the U.S. in the individual rhythmic competition at the 1996 Olympic Games.

The U.S. Rhythmic Group will also participate in the 1996 Olympic Games. This Olympics will be the first time that the Rhythmic Group competition will be a part of the Games.



## Individual Rhythmic

1. Mireia Pachón	ESP	39.800
2. Svetlana Kostuchenko	RUS	38.800
3. Larisa Latynina	RUS	38.700
4. Yana Belopolskaya	RUS	38.700
5. Andreea Stoican	RUS	38.275
6. Elena Vlasenko	URS	38.150
7. Diana Popescu	RUS	38.125
8. Angelique Brucke	GDR	38.050
9. Eva Serrano	FRA	38.075
10. Eugenia Prokhor	RUS	38.025
11. Maudere Colombe	ESP	38.000
12. Alena Savchenko	RUS	37.550
13. Kato Patassou	ESP	37.500
14. Vilma Priez	HEB	37.450
15. Irina Gherman	ESP	37.400
16. Katarina Strelc	GBR	37.350
17. Anna Parigulova	GBR	37.280
18. Andreea Sebastian	GDR	37.225
19. Alisa Tereshko	JPN	37.210
20. Alba Cerdà-Costa	ESP	37.200
21. Karynne Gobeaute	PER	37.120
22. Dina Rossing	CHE	37.025
23. Anna Kostyukova	PER	36.975
24. Alena Tereshko	JPN	36.275
25. Silke Lang Strübe	CAN	36.400
26. Jessica Scott	USA	36.375
27. Sophie Weber	GBR	36.220
28. Karynne Gobeaute	PER	36.050
29. Wu Bei	CHE	35.920
30. Larisa Dubovskaya	GDR	35.220

These results are from Day 2 of competition and determined the all-around champion. Day 1 of competition determined the athletes who qualified to the 1996 Olympic Games.



*Brigitte  
Borchert*



*Jessica Scott*

## Group Rhythmic

(These teams qualified to the Olympic Games)

1. Algeria	39.575
2. Spain	39.400
3. Belarus	39.075
4. Russia	38.750
5. France	38.600
6. Germany	38.600
7. Italy	38.550

Note: Because the group event is included in the 1996 Olympic Games for the first time, the home country (USA) receives an automatic berth into the Games. Therefore, the U.S. group will compete in the 1996 Olympic Games.



*Alena Tereshko*



## SCHOLASTIC TOP 20 COLLEGE TEAMS

### 1995 NATIONAL ASSOCIATION OF COLLEGE GYMNASTICS COACHES/WOMEN

1	University of Oklahoma	3.561
2	Lehigh University	3.488
3	Edgar State University-Fulton	3.420
4	University of Indianapolis	3.400
5	Texas Women's University	3.372
6	Western Michigan University	3.360
7	George Washington University	3.257
8	University of Illinois	3.255
9	Yale University	3.230
10	University of Michigan	3.215
11	Cornell University	3.201
12	Brigham Young University	3.236
13	University of Washington	3.235
14	San Jose State University	3.230
15	Rowling Green State University	3.240
16	University of Denver	3.237
17	University of Alabama	3.241
18	Stanford University	3.189
19	Leisure State University	3.073
20	University of Pittsburgh	3.159

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I certify that the statements made by me above are correct and complete. John Heseltine, USA Gymnastics Controller

## 1995 NATIONAL ACADEMIC TOP 15 GYMNASTICS TEAMS

Declared the national academic team champion for men's gymnastics by the College Gymnastics Association, the University of Oklahoma maintained an excellent 3.561 team grade point average. Brigham Young University, the City College of New York, Syracuse University and the University of New Mexico rounded out the top five with team grade point averages above 3.30.

### The CGA's academic top 15 are:

1	Oklahoma	3.561
2	UCLA	3.258
3	UCN	3.254
4	Syracuse	3.210
5	New Mexico	3.228
6	Air Force	3.182
7	James Madison	3.161
8	Temple	3.071
9	Nebraska	3.038
10	West Texas	3.038
11	Iowa	2.911
12	Massachusetts	2.913
13	William & Mary	2.815
14	Illinois	2.816
15	Seton Hall	2.715

## ALL- AMERICA SCHOLAR- ATHLETE AWARDS FOR MEN'S GYMNASTICS

Forty-nine gymnasts, honored as 1995 All-American scholar-athletes, earned at least a 3.500 point average while fulfilling a minimum NCAA scoring average of 8.5 during the 1995 season. NCAA all-around champion, Kara Frank of Florida, and UCLA high bar champion, Bob Balmer of Nebraska, earned systems All-American designations. Balmer and James McLaughlin (UCLA) have been duals of academic All-American for four consecutive years. The ten gymnasts achieving perfect 4.0 grade point averages were:

Danny Akers	Temple
Jon Corbett	Illinois
Andy Palmer	Massachusetts
Steven Goldstein	Massachusetts
Ted Harris	Nebraska
Michael Jenkins	James Madison
Jeremy Killen	Oklahoma
Peter Leonard	Navy
Peter Manacci	Iowa
Greg McGilton	Illinois

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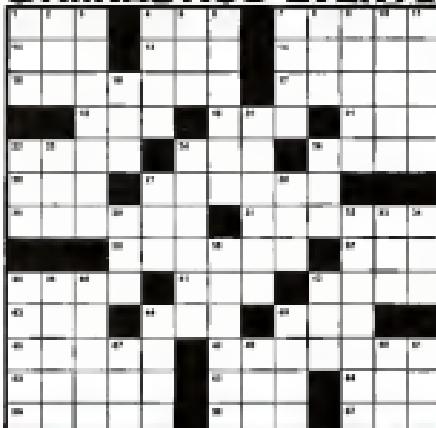


# LISA HARLAN GANDY SELECTED FOR HALL OF FAME INDUCTION

Texas Women's University Intercollegiate Athletics Hall of Fame announced its second class of induction: The TWU Hall of Fame recognizes former student-athletes, coaches, administrators and others who have excelled in athletics, sportsmanship, and integrity. One of the three former student-athletes honored this fall included Lisa Hatten Gandy.

Hatten Gandy, currently a physical therapist in Paris, Texas, earned All-American honors and was the first Pioneer to win a national championships title. She was a three-time Division II All-American, Division II Regional Floor Exercises Champion, and a Division II all-around individual national qualifier. In 1992, Martin Gandy was presented the Division III Coach of the Year and the Gymnastics Association of Texas Honor Award for her gymnastics achievements.

## GYMNASTICS EVENTS



X-WORD GREETING CARDS / Scholz Inc. 800-284-8243

### ACROSS

- 1 Big \_\_, last food
- 4 High m'l rank
- 7 Snuffed a smoke
- 12 Excitement
- 13 Meame \_\_, volcano
- 14 \_\_ EXERCISE
- 15 Blanket
- 17 Upper body
- 18 Trengress
- 19 Ovens
- 21 Taxis
- 22 BALANCE \_\_
- 24 Auto
- 25 Optical glass
- 26 Muhammad \_\_, boxer
- 27 Beared Hindu word
- 28 Clothes
- 31 Cut into
- 35 Ornamental shrub
- 37 Time unit:Abbr.
- 38 Grievance
- 41 HORIZONTAL \_\_
- 42 UNLEVEL+PARALLEL \_\_
- 43 Silkworm
- 44 Feuont

### Answers Continue

- 45 Brain wave test:Abbr.
- 46 IRON CROSS EVENT
- 48 Drooping
- 52 Span again
- 53 Age
- 54 Silents
- 55 At \_\_ for words
- 56 Morose
- 57 Greek letter
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## GYMNASTS

ROLL CALL, BLOW FLUTE  
Gymnasts competing more and more

If love continues  
You will get strong  
Stay in shape  
And nothing will go wrong

Entertainment is the new

If you're competitive, if group gymnast you should be  
When your skills in competition

You know you're headed in the right direction  
Coach has one for you as the top

Music to their ears  
Mental to them, and a good rhythm you should bring

Want to compete, your teammates are there  
So what you're working, including on floor

Take about the big gymnastics things  
Take about the big gymnastics things

Take about the big

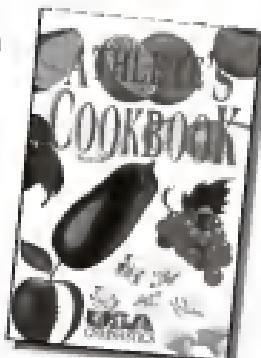




## ATHLETE'S COOKBOOK

**U**SA Gymnastics and editor Michelle Dusserre, R.D., recently completed a book entitled, Athlete's Cookbook, published by Masters Press. This book has excellent information on meeting basic nutritional guidelines for athletes, understanding your nutritional needs, getting proper nutrition on the road, learning about and dealing with eating disorders, preparing great-tasting recipes and much, much more. This book will be available soon through the **USA Gymnastics Merchandise Department.**

Here are a few recipes from some of your favorite gymnasts that are featured in the Athlete's Cookbook:



### BANANA-NUT MUFFINS

**Brooke Lopez Brown**

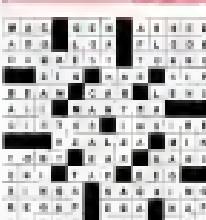
2 cups Bisquick™ pancake mix	3 egg whites
1 cup raisins	1 banana, mashed
2 cups chopped walnuts	1/4 cup sugar

Preheat oven to 375°F. In a large mixing bowl, add Bisquick™, egg whites, milk and sugar. Mix until lumps are gone. Add mashed banana and walnuts until they are mixed thoroughly. Pour batter into muffin tin and bake for 15 minutes, or until golden brown. If you do not like bananas and walnuts, blueberries can be substituted.

Yield: 12 muffins

**Tips from Brooke:** The muffin itself is low in fat, but adding the walnuts does increase the fat content a bit. To decrease the fat, use 1/2 cup of walnuts (or 1/2 cup of oil) or substitute blueberries (2 cups).

### CROSSWORD ANSWERS



### RANCHERO EGG WHITE OMLETTE

**Mary Ann Batten**

2 egg whites	1/2 teaspoon
1/3 cup green pepper	1 white onion, diced
4/3 cup 1 cup cheese sauce	1 egg
dash of cumin powder	
dash of paprika	
dash of black pepper	

Cook onions, green pepper, paprika and tomatoes. Separate egg yolks from whites, and place whites in a bowl. Spray non-stick skillet with cooking spray. Heat over medium high heat. Pan fry onions, green pepper, tomatoes

and 1/2 cup of tomatoes until done. Beat egg whites with a fork, and put egg whites into bowl with the vegetables, add garlic powder, cumin powder and black pepper. Mix egg whites in pan until they are completely cooked. Top with cheese sauce and the remaining 1/2 cup of tomatoes.

Yield: 1 serving

**Note:** This dish can be prepared either as an omelet or scrambled, and you can use 1/2 cup or as much of the six toppings as you like. If adding cheese when cooking the egg, you can also increase your carbohydrates.

### MOM'S WAFFLES FOR CHAMPIONS

**Charlene Murphy**

2 eggs, beaten (use flour (dash ground))	1 egg
1 1/4 cups buttermilk (use creamer)	1/2 cup granulated
2 tablespoons oil	1/2 cup baking powder (no aluminum)

Add all ingredients together in a bowl and mix. Heat waffle iron, spray with non-stick cooking spray, and pour into iron. Cook until golden brown. Serve with real bacon, jams, fresh fruit or maple syrup.

Yield: 4 waffles

\*dash ground white pepper, salt, paprika, and non-aluminum baking powder on the front of health food stores. Always use whole flour, and non-baking powder for best flavor.

**Tips from Charlene:** These waffles are very filling! These are a few changes that you can make to decrease the fat, which is mainly due to the amount of peanut oil in the original recipe:

1 medium egg	1 egg
2 eggs	1 egg + 2 egg whites
1/2 cup peanut oil	1/4 cup peanut oil
1 1/4 cups buttermilk/cream creamer	1 1/2 to 2 cups buttermilk

### GARLIC AND BROCCOLI PASTA

**Valerie Blasberg**

1 bunch broccoli	1/2 cup olive oil
1 large clove garlic	1/2 cup parmesan cheese
black pepper to taste	1 lb. uncooked pasta, any style

Blanch in a large stock pot. 2/3 full. Cut broccoli into large florets and stalk. When stalks are to a full boil, add stalks and stalks. Add broccoli and cover. Simmer over low heat, until garlic is done (~10 min). Add garlic to broccoli. Set aside. Add pasta to boiling water. Add broccoli and stalks, and broccoli, and return to pot. Turn heat down to medium. Add parmesan cheese and mix. Sprinkle more olive oil if it's dry. Add pepper to taste and serve.

Yield: 4 servings

**Storage:** Refrigerate tightly before adding olive oil, and heat of slightly before adding pasta.

**Tips from Valerie:** As Valerie said, this dish is very adaptable, and you can use more or less of any of the ingredients. This dish does not work well with less olive oil and parmesan cheese, thereby reducing the fat content and letting you enjoy the taste of the garlic and broccoli.

1 medium egg	1 egg
1/2 cup olive oil	1/4 cup olive oil
1/2 cup parmesan	1/2 cup parmesan

### CHICKEN MOZZARELLA

**Karen Strong**

4 whole breasts, skinless chicken breast (no skin)	
2 eggs, one beaten	
2 egg whites slightly beaten	
1/4 cup low fat spaghetti sauce	
1 cup fat-free mozzarella cheese, shredded	
1/4 cup parmesan	

Preheat oven 350°F. Dip chicken breasts in egg whites, roll in corn flakes and place in large skillet sprayed with non-stick cooking spray. Brown on both sides. Spray a shallow baking dish with cooking spray and place chicken breasts in dish. Mix water with spaghetti sauce and pour over chicken breasts. Cover top with shredded low-fat mozzarella cheese and bake for 30-40 minutes.

Yield: 4 servings

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“Circles are used to follow possible lines and lines that are not yet known for connecting to something.”



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ND, MI, MI, MI, MI			Ala, Anchorage Gymnastics



JOHN ROTHLISBERGER



JAMIE MILLER

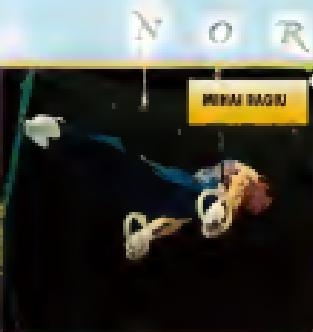


By  
Lisa  
Preston

The World Team Trials took place in Atlanta, Georgia, at the Frank Erwin Center, September 8-9. For the men, 40% of their National Championships score combined with 60% of their World Team Trials score to determine the World Championships Team. For the women, 50% of their National Championships score combined with 70% of their World Team Trials score to determine the World Championships Team.

Both Dominique Moceanu and Shonae Miller were near flawless in both the compulsory and optional competition. Moceanu outscored Miller in compulsory scores (88.349 to 88.312), while Miller outscored Moceanu in options (39.461 to 38.238). Joyce Phelps earned her license and withdraw from the World Team Trials competition, however, using 100% of her score from the National Championships, she remained in third place in the final ranking.

**K**aren Strug, Marianne Dowd, Amy Chow, and Diane Thompson worked out the top scores. However, Dowd, who had been



MEIRA BAGU



KELLI STRUG

# UNITES FOR WORLD

comprised with a stress fracture in her wrist, decided to compete at the World Championships due to the injury. Once sprained her ankle during practice just prior to her departure to Japan, and was also unable to make the trip. This opened the door for eighth place in Thassos Kilkuski and ninth place third team to hold to join the World Championships team. Andrea Fikora, who traveled with, was the moving alternate for the World Championships.

**M**elanie Regis was the compulsory competitor scoring 56.025 to John Bechtolsheimer's 55.710. Elana Wilson was in third with a 55.300 and Leah Sivens was in fourth with 54.942. The men's compulsory personal horse routine proved to be a challenge for the men. Regis was the only athlete to score above a 4.00, scoring a 4.225. Bechtolsheimer was the optional competitor with a 54.425 to Wilson's 53.050 and Rip Stevens, 53.225.

**T**he men's World Championships team includes Bechtolsheimer, Wilson, Regis, Stevens, Jon Lynch and Leah Sivens. John Macrae and Leah Yeritko traveled to the men's training camp in Japan. The seventh team member was determined at the training camp prior to the competition, adding Macrae to the team.



SHANNON MELLER

# CHAMPIONSHIPS

LOOK FOR  
RESULTS ON  
PAGE 37!

DOMINIQUE ROCQUAUX



PHOTO: JEFFREY M. HARRIS



# THERESA KULIKOWSKI

## STAR PROFILE

By Lauren Pernick

**F**ourteen-year-old Theresa Kulikowski competed in her first international competition at the 1995 World Championships in Saitama, Japan, after placing eighth in the all-around at the World Team Trials. Theresa was supposed to travel with the team to the all-around, however, one week prior to the trip to Japan, she learned that Dominique Dawes was injured and unable to compete at the World Championships, so Kulikowski was placed on the team.

"I got nervous when I found out because I had never competed internationally before or in such a big meet," said Kulikowski. "But it was very exciting."

When asked about the best part of the trip, Kulikowski said, "I liked trying on leotards and participating in the U.S. team's banquet model." The most pen for Kulikowski were the times of such a high level competition and trying to adjust to a foreign country. "It was also difficult being away from my family for so long," she added.

Kulikowski began gymnastics when she was two-and-a-half years old. "During my sister's gymnastics classes, I'd run in and try to do stuff," she said. "My parents decided to enroll me also. I also did gymnastics at a YMCA program in Germany where my father was stationed in the Army."

Although she spent four years in Germany, she now trains at Colorado Academy in Colorado Springs, Colo. She's coached by Tom and Lori Foster.

"I like the attitude of my gym," explained Kulikowski. "It's very positive and the coaches care about all people, as well as gymnasts."

Coach Lori Foster said, "There are a variety of fun to choreograph routines. Because she has beautiful lines and she's extremely flexible. She can do almost anything I ask her to do."

As for her future, Kulikowski would like to become a sports psychologist. Perhaps she can share her experiences about her first World Championships with athletes she counsels in the future.

## COMPETITION RESULTS

- 1995 World Championships, Saitama, Japan: 2nd Team
- 1995 World Team Trials, Atlanta, Georgia: 4th AA
- 1995 Coca-Cola National Championships, New Orleans, La.: 14th AA
- 1995 Coca-Cola National Championships, Rockford, Ill.: 20th AA (Gymnastics)

## FUN FACTS

Height: 5'4"

Birth Date:

Grade:

Coaches:

Control:

Curate:

Interests:

Future Goals:

Colorado Springs, Colo.

January 23, 1982

Colorado Austria

Tom and Lori Foster

Home school

10th

Dancing, playing games, praying, spending time with family

To make the Olympic Team in 1996; to make more World Championships Teams, and to earn a college scholarship.

"Theresa is especially fun to choreograph routines for because she has beautiful lines, and she's extremely flexible. She can do almost anything I ask her to do."

—Lori Foster



## TERESA KULIKOWSKI

"I like the attitude at my gym. It's very positive, and the coaches care about us as people, as well as gymnasts."

### FAVORITES

DRINK	Unsure here
SOUL	Depends on the day and how things are going
TV SHOW	Blue
MOVIE	Avatar
ROLE MODEL	Mary Lou Retton
SUBJECT IN SCHOOL	Math
CLOTHES	Jessie and a t-shirt

# BLAINE WILSON



## STAR PROFILE

### FUN FACTS

HOMETOWN:

Edmonton, Alberta

BIRTH DATE:

August 3, 1974

PLATE:

Ohio State University

ROUNDED:

Peter Kremers &

Mike Jerry

SCHOOL:

Ohio State University

YOUNG:

Junior

Hobbies:

Playing soccer & golf,  
hiking

ETIME GOALS:

To make another  
World Championship  
Team and make the  
1996 Olympic Team

FAVORITE:

Mom, Dad and younger  
sister

#### by Jason Puccio

**B**laine Wilson began the sport of gymnastics at age four. Like most of his members in the U.S. National Team, he was flying around the house, as his parents put him in gymnastics.

"I did a lot of sports when I was young," explained Wilson. "Especially soccer—I played soccer up until seventh grade, and then I had to decide which sport to stick with. I almost chose soccer, but I decided to stay with gymnastics because it is an individual sport, plus you could go to the Olympics."

The Olympics have been in Wilson's mind for a long time, but he said that it wasn't until he was a junior in school in high school that he realized they might become a reality. Wilson is actually so much in touch with the 1996 Olympics that he took third all-around at the 1995 Goodwill Games. He took third all-around at the

1993 World Team Trials. His top finishes at those two competitions placed him on the U.S. men's World Championships Team. In Japan at the 1993 World Championships, Wilson finished 21st all-around and helped his team to a ninth place finish.

"It was my first time to compete at a World Championships, and it was very exciting," said Wilson. "The competition was intense, but it's only bad if you let it get to you. We [the U.S. men's team] turned the intensity into a positive."

When asked about the '95 World Championships Team, Wilson said, "I think our team was very good. We were a close-knit team; we all got along and worked as a unit, which is when you have to do. We came to Japan ten weeks early for a training camp prior to the competition. It was a long trip, but it was also very good. There were not distractions, just great practice. It really got the team unified."

## COMPETITION RESULTS

1993	World Championships, Sakai, Japan; 21st Team, 23rd All-Around
1993	World Team Trials, Austin, Texas; 2nd All-Around
1994	Goodwill Games, New Orleans, La.; 2nd All-Around, 2nd 10s, 2nd 19s, 2nd 28s
1994	Goodwill Games, St. Petersburg, Russia; 2nd All-Around
1994	Judge for a Gor Invitational; USA vs. Russia, Worcester, Mass.; 2nd Team, 2nd All-Around

## FAVORITES

TV:

Family Circus

2001:

Impact as  
parallel bars

TV SHOW:

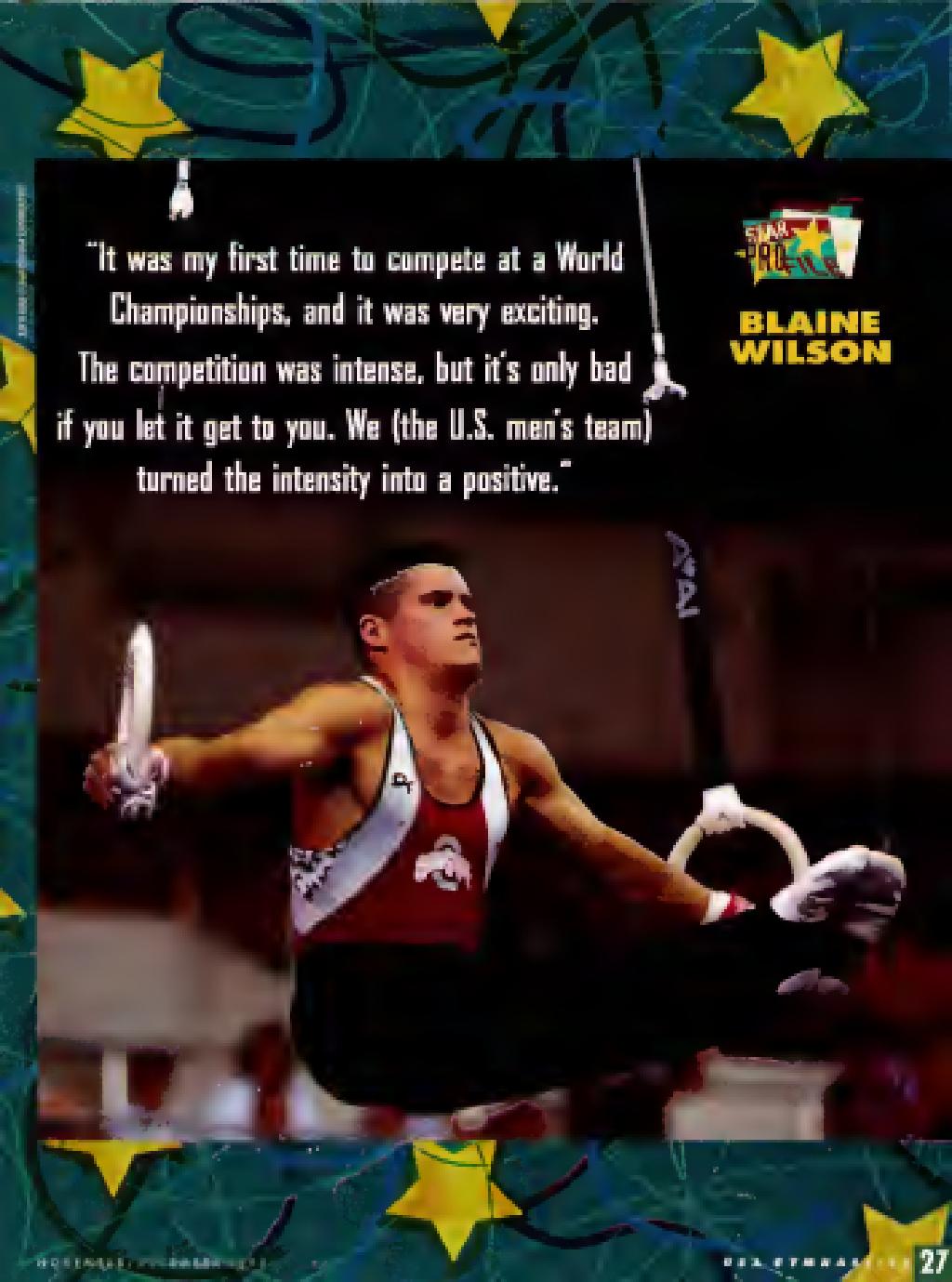
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Improvement

MOVIE:

Acc. Venture

ROLE MODEL:

Ed Rhyne—  
the what all  
athletes should  
be. He's  
modest, classy  
and doesn't  
whine about  
nothing!



"It was my first time to compete at a World Championships, and it was very exciting.

The competition was intense, but it's only bad if you let it get to you. We (the U.S. men's team) turned the intensity into a positive."



**BLAINE  
WILSON**



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PIRIFORM



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PIRIFORM



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PIRIFORM



POMMEL HORSE

PIRIFORM



TRAMPOLINE

PIRIFORM



UNEVEN BARS

PIRIFORM



POMMEL HORSE

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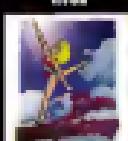
POMMEL HORSE

PIRIFORM



RINGS

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RINGS

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FLIPPIN'  
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# NEW FROM USA GYMNASTICS

**SERIES OF VIDEOS THAT FOCUS ON THE NUTRITIONAL, PSYCHOLOGICAL AND PHYSICAL REQUIREMENTS NEEDED TO BE A HEALTHY ATHLETE. TITLE = 3 TO GET READY.**

## PfusioneS

### References

## 3 to get Ready

### Definitions

PSYCHOLOGICAL READINESS VIDEOS

A video with the healthy and happy athlete in mind . . . featuring Dr. Juan Duda, USA Gymnastics National Team Sport Psychology Consultant, and Mary Lou Retton, 1984 Olympic Gold Medalist.

**For athletes:** This video sets the stage for better communication between you and your coaches/parents so that your sport experience can be maximized. Learn how athletes stay motivated and confident.

**For parents and coaches:** Learn how you can create an environment that fosters high self esteem and positive body image among young athletes.

First two parts of this video series are available for \$4.95 each from USA Gymnastics Merchandise Department, P.O. Box 5562, Indianapolis, IN 46255-5562 Tel: 317-237-5060

## NUTRITIONAL READINESS VIDEO

A video with the healthy athlete in mind... featuring Dr. Dan Berardot, USA Gymnastics National Team Nutritionist, and Mary Lou Retton, 1984 Olympic Gold Medalist

**For athletes:** Your performance is affected by your diet. Learn how and what to eat to excel. Answer your questions about what to eat: most of the time, before exercise, during exercise and after exercise.

**For parents and coaches:** This video was designed to educate about proper nutrition and to explain the hazards of eating disorders.

In order to efficiently evaluate potential future plans, it is also important to make these

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# 1995 CEREMONY OF HONORS



**U**SA Gymnastics Ceremony of Honors is a special time when outstanding achievements and contributions of athletes, coaches and other distinguished representatives of our sport are honored. The Ceremony of Honors is held in conjunction with the national Congress, so receiving awards is even more memorable because many of the gymnastics family attends.



Above: Lynn Sievers  
Right: John Roethlisberger

Below: From left to right: Shanna Miller, Barbara Davis, and Jennifer Beers  
Below right: Jason Best

**U**SA Gymnastics is pleased to share with our readers, the notable individuals who were recognized at the '95 awards ceremony.



Master of Ceremonies: Mike Millenik

## AWARD RECIPIENTS

### SERVICE/STAR AWARDS

Rhythmic Program: Lynn and Ron Sievers  
Events: Pat Sharpe

Men's Program: Bill Roethlisberger

Women's Program: Audrey Schweyer

1994-95 Club of the Year: Maverick Gymnastics  
(Billy Bob and Barbara Taylor)

### SPECIAL RECOGNITION

National Preschool Committee:  
Barbara Davis, Patti Komara, Jeff Lulla,  
and Shann Scher

### HALL OF FAME

Ron Barak, Steve Hug, Peter Kannan, Garland O'Quinn, and Marcia Frederick Blanchette  
Salute to Erna Wiechel (deceased)

### ATHLETES/COACHES OF THE YEAR

Men's Athlete of the Year: John Roethlisberger  
Men's Coach of the Year: Peter Kormann

Women's Athlete of the Year:

Dominique Dawes, Shannon Miller, and  
Dionneque Mocsaru

Women's Coach of the Year: Mary Lee Tracy  
Rhythmic Athlete of the Year: Jessica Davis  
Rhythmic Coach of the Year: Efrossina Anguelova

### SPORTSPERSONS OF THE YEAR

Men's Athlete: Roethlisberger

Women: Amanda Borden

Rhythmic Athlete: Jessica Davis

Rhythmic Coach: Efrossina Anguelova

### SPRIT OF THE FLAME

Mark Tewksbury (Olympic Swimmer)  
Decorated Member of the Board of Assassins





## USA GYMNASTICS CONGRESS

by Stage variable

The 1995 Congress was held in New Orleans at the Hilton Riverside and Towers, August 17-19, in conjunction with the Coca-Cola National Gymnastics Championships held at the New Orleans Superdome. This combination, along with the city of New Orleans as a great tourist site, attracted record breaking attendance at this annual Congress.

Over the three-day period, Congress provided more than 160 presentations in topic areas including alternative programming, business, men's technical and judging, preschool/developmental, rhythmic technical and judging, sport science, USA Gymnastics, as well as women's technical and judging sessions.

In addition to the regular Congress sessions, special "add-ons" included Safety Certification, PDP I and II, ASEP Coaching Principles course, and other certification and testing opportunities. Congress marked the inauguration of the new USA Gymnastics PDP I Kinder Accreditation for Teachers (KAT) program. The KAT Pilot Workshop received an enthusiastic response from the 76 participants.

Once again, the Congress Exhibition Hall proved to be a popular gathering place between sessions. The United States Gymnastics Suppliers Association (USGSA) reports 70 companies were represented this year. The wide range of gymnastics products and services makes this the premier gymnastics show of the year.

The 1996 Congress will be conducted in conjunction with the 1996 U.S. Olympic Team Trials in Boston. Trials competitions are June 25-30, and the 1996 Congress will be held June 26-30. "Add-on" sessions will be conducted between June 27 and July 1. Tickets are currently available for the U.S. Olympic Team Trials, for more information call 1-800-242-2222.



# USA GYMNASTICS **CONGRESS**



Almanac Series  
Left Peter Roman  
for left (Breslau Superior  
Palmer-Klett und Sohne Berlin  
Peter, Mit The Rose.



## HOLIDAY WISH LIST

Blaine Wilson, Ohio State University

To have Christmases in my parents' new house that is being built. It's supposed to be done by then.

Briatana Bogumilakas, Belarus  
(training at Brooks in Houston)

I want presents. I want a big doll. I collect dolls, but I left my big doll collection back in Russia. I've started a new collection here in the U.S. (Houston, Texas).

John Macready, U.S. Olympic Training Center

I don't really need anything for Christmas, but I do look forward to spending a nice, relaxing Christmas with my family.

Ariana Pilek, Cypress Academy

To have a baby brother or sister.

Dori Thompson, Colorado Aerobics

I want snow! We never have snow on Christmas in Colorado Springs, and it would be great to have a white Christmas!

Nic Simone, Ohio State University  
A vacation to Florida.

Mary Beth Arnold, Pipe Gymnastics  
Stuffed animals!

Theresa Kulfanek, Colorado Aerobics  
Perfumes, lotions, bath bombs and other good smelling stuff. I also collect furniture for my wooden doll house that I put together. I'd like some furniture to add to my collection.

Jessica Schaeffer, University of Minnesota

(I want a present, but I don't know what it is. I just know it would come in the summer of '96, and it would be in the form of a boat on the Olympic Team.)

Dominique Moceanu, Junior Gymnastics  
(I don't really want anything. I guess I'd just like some sun.)

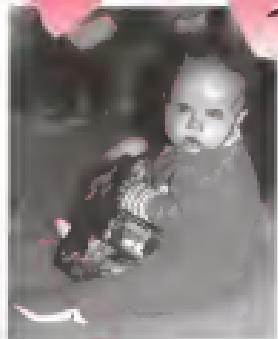
Shannya Mair, Dynamic Gymnastics  
(I'm not doing anything. I'm just doing nothing.)

Leila Phillips, Cincinnati Gymnastics Academy  
A new brother, the years and winters. Also, I would like a mountain view.

Jean Strug, Colorado Aerobics  
(I like from United Toy and Express, Disney, and a healthy body.)

# happy

# FROM



big blue-eyed Bonita  
will loves getting  
gifts (see Amanda's  
wish list at right!)



the little  
ribbons  
and  
tapes



Reebok



# KINDER GYMNASTICS

Suggested age is  
3-5 years old

Children  
love to have  
fun! When  
teaching  
preschool  
children be  
creative,  
funny,  
inventive  
and  
enthusiastic.  
Here are  
some great  
drills that  
children  
enjoy.

Loren Gallimore  
USA Gymnastics Preschool Consultant and  
Instructor of DeVos's School of Gymnastics  
Indianapolis, Ind.



## RAINBOWS

Have the children move a  
step from side to side like  
a rainbow. Then the  
children turn and walk the  
arc like shooting stars.  
(Hand-eye coordination)



## BALLOON KICK

Have the children support  
themselves on the floor parallel  
bars with straight arms and then  
kick the balloon.  
(Upper strength)



## TICKLE THE TEACHER



Have the class place their feet under a folded  
padded mat and hold their backs. The teacher  
should lie down on the mat to help keep the  
children's feet under the mat. The children do  
this step and tickle the teacher everytime they  
sit up. (Emotional conditioning)



## SUPER CAST



Put the children in a front support on the bar and place their feet under the suspended weight. The suspended weight should be mid-at waist and mid of the bar, below and should be frozen. The children should be placed parallel with the children that when they are in a front support (3 freeze them out) with straight arms and try to get their hips and stomach away from the bar while casting. The children should be kicking the bar as hard as they can while casting. (Energy and strength)

## GO FISH



Take one end of a rope to the middle of a large chair. Add a soft weight (i.e., sand filled weight) on the opposite end with a firm shape (make it a fish). Have the children roll the weight up using the suspended grip until they catch the fish. Then have them put the fish back in the "water" by unrolling the weight. (Arm and grip development)

## RING THE BELL



Bring the ropes off the bar, so many ropes there are two in the photo, allowing the ropes to hang about 2 inches from the ground. Then stuff several under the ropes and have the children pull until the bell and ring from one rope in the other without falling on the ground. (Balance and core strength)

## A WALK IN THE JUNGLE





# 1995 SUMMER WORLD UNIVERSITY GAMES

FUKUOKA, JAPAN

AUGUST 29-SEPTEMBER 3

by Bernadine Robinson

Gymnasts from all three disciplines, men's, women's and rhythmic, traveled to Fukuoka, Japan, to compete in the 1995 Summer World University Games, where approximately 314 U.S. officials competed in 12 different sports.

The 1995 Rhythmic National Championships served as the qualifier for the U.S. rhythmic team which competed at the Summer World University Games. Brooke Bushell, Gymnastics Pacific, Vanessa Vassar Plumb, California Brown, and tree top, California Academy of Rhythms, comprised the Rhythmic Summer World University Games Team.

The U.S. Women's Team was selected during the World University Games Trials at the 1995 U.S. Classic Nationals in Birmingham, Ala. Representing the U.S. were: Karm Lichey, Campinas Gymnastics Academy, Amy Mankum, MGCA, Kristen Faust, University of Florida, Heidi Horwak, Arizona Synapsis, and Katy Maty, Desert Devils. Julie Bellard, University of Georgia, was the traveling alternate.

The World University Games team for men was selected in rank order from the optional all-around scores of all divisional of the 1995 Cross-City National Championships. The following male gymnasts, represented the U.S. at the Summer World University Games: Joshua Brindlow, Ryers Gymnastics Center, Jason Christie, University of Nebraska, Brett Koga, International Gymnastics Club, Jay Thornton, University of Iowa, and Keith Wiley, Stanford University. Rick Kieffer, Gold Cup Gymnastics, was the traveling alternate.



## RHYTHMIC RESULTS

### ALL-AROUND

1. Amy Faust	88	99.85
2. Brooke Bushell	83	99.25
3. Amy Faust	83	99.10
4. Brooke Bushell	83	99.05
5. Brooke Bushell	83	98.95

### BALANCE

1. Amy Faust	88	99.85
2. Brooke Bushell	83	99.80
3. Amy Faust	83	99.75
4. Brooke Bushell	83	99.70

### FLLOOR

1. Amy Faust	88	99.85
2. Brooke Bushell	83	99.80
3. Amy Faust	83	99.75
4. Brooke Bushell	83	99.70

### POLE VAULT

1. Amy Faust	88	99.85
2. Brooke Bushell	83	99.80
3. Amy Faust	83	99.75
4. Brooke Bushell	83	99.70

## WOMEN'S RESULTS

### TEAM

1. U.S. Women	100
2. U.S. Men	99
3. U.S. Women	98.95

### ALL-AROUND

1. Amy Faust	88	99.85
2. Amy Faust	83	99.80
3. Amy Faust	83	99.75
4. Amy Faust	83	99.70

### VAULT

1. Amy Faust	88	99.85
2. Amy Faust	83	99.80
3. Amy Faust	83	99.75
4. Amy Faust	83	99.70

### BALANCE BEAM

1. Amy Faust	88	99.85
2. Amy Faust	83	99.80
3. Amy Faust	83	99.75
4. Amy Faust	83	99.70

### FLLOOR EXERCISE

1. Amy Faust	88	99.85
2. Amy Faust	83	99.80
3. Amy Faust	83	99.75
4. Amy Faust	83	99.70
5. Amy Faust	83	99.65

## MEN'S RESULTS

### TEAM

1. U.S. Men	100
2. U.S. Men	99
3. U.S. Men	98.95

### ALL-AROUND

1. Brett Koga	88	99.75
2. Brett Koga	83	99.70
3. Brett Koga	83	99.65
4. Brett Koga	83	99.60
5. Brett Koga	83	99.55

### FLLOOR EXERCISE

1. Brett Koga	88	99.75
2. Brett Koga	83	99.70
3. Brett Koga	83	99.65
4. Brett Koga	83	99.60

### POLE VAULT

1. Brett Koga	88	99.75
2. Brett Koga	83	99.70
3. Brett Koga	83	99.65
4. Brett Koga	83	99.60

### BALANCE BEAM

1. Brett Koga	88	99.75
2. Brett Koga	83	99.70
3. Brett Koga	83	99.65
4. Brett Koga	83	99.60

### FLLOOR

1. Brett Koga	88	99.75
2. Brett Koga	83	99.70
3. Brett Koga	83	99.65
4. Brett Koga	83	99.60

### VAULT

1. Brett Koga	88	99.75
2. Brett Koga	83	99.70
3. Brett Koga	83	99.65
4. Brett Koga	83	99.60

### BIG EIGHT

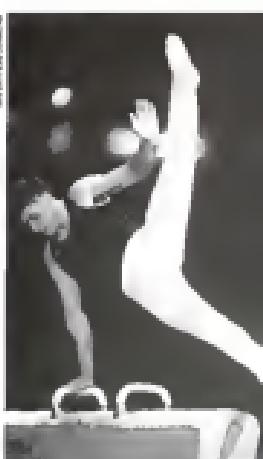
1. Brett Koga	88	99.75
2. Brett Koga	83	99.70
3. Brett Koga	83	99.65
4. Brett Koga	83	99.60



Steve Hall Redhead

Jeff Brooks Redhead

Robert Ruth Wiley





SEPTEMBER  
8-9  
AUSTIN,  
TEXAS



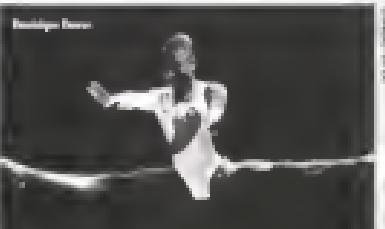
## MENTAL RESULTS

“I have a proposal to make. I would like to have this man as my wife.”

## WOMEN'S RESULTS

Team	Conf.	W	L	W%	LS	RS
1. New Orleans Saints	South	10	6	62.5%	340	350
2. Atlanta Falcons	South	9	7	56.3%	340	350
3. Tampa Bay Buccaneers	South	8	8	50.0%	340	350
4. Carolina Panthers	South	7	9	43.8%	340	350
5. Jacksonville Jaguars	South	6	10	36.4%	340	350
6. Tennessee Titans	South	5	11	31.3%	340	350
7. Houston Texans	South	4	12	27.3%	340	350
8. Indianapolis Colts	North	10	6	62.5%	340	350
9. Cincinnati Bengals	North	9	7	56.3%	340	350
10. Cleveland Browns	North	8	8	50.0%	340	350
11. Pittsburgh Steelers	North	7	9	43.8%	340	350
12. Buffalo Bills	North	6	10	36.4%	340	350
13. New England Patriots	North	5	11	31.3%	340	350
14. New York Jets	North	4	12	27.3%	340	350
15. New York Giants	North	3	13	23.1%	340	350
16. Philadelphia Eagles	North	2	14	14.3%	340	350
17. Dallas Cowboys	North	1	15	6.7%	340	350
18. Green Bay Packers	North	0	16	0.0%	340	350
19. Detroit Lions	North	0	16	0.0%	340	350
20. Minnesota Vikings	North	0	16	0.0%	340	350
21. Chicago Bears	North	0	16	0.0%	340	350
22. New York Giants	North	0	16	0.0%	340	350
23. New England Patriots	North	0	16	0.0%	340	350
24. New York Jets	North	0	16	0.0%	340	350
25. Philadelphia Eagles	North	0	16	0.0%	340	350
26. Dallas Cowboys	North	0	16	0.0%	340	350
27. Green Bay Packers	North	0	16	0.0%	340	350
28. Detroit Lions	North	0	16	0.0%	340	350
29. Minnesota Vikings	North	0	16	0.0%	340	350
30. Chicago Bears	North	0	16	0.0%	340	350
31. New Orleans Saints	South	10	6	62.5%	340	350
32. Atlanta Falcons	South	9	7	56.3%	340	350
33. Tampa Bay Buccaneers	South	8	8	50.0%	340	350
34. Carolina Panthers	South	7	9	43.8%	340	350
35. Jacksonville Jaguars	South	6	10	36.4%	340	350
36. Tennessee Titans	South	5	11	31.3%	340	350
37. Houston Texans	South	4	12	27.3%	340	350
38. Indianapolis Colts	North	10	6	62.5%	340	350
39. Cincinnati Bengals	North	9	7	56.3%	340	350
40. Cleveland Browns	North	8	8	50.0%	340	350
41. Pittsburgh Steelers	North	7	9	43.8%	340	350
42. Buffalo Bills	North	6	10	36.4%	340	350
43. New England Patriots	North	5	11	31.3%	340	350
44. New York Jets	North	4	12	27.3%	340	350
45. New York Giants	North	3	13	23.1%	340	350
46. Philadelphia Eagles	North	2	14	14.3%	340	350
47. Dallas Cowboys	North	1	15	6.7%	340	350
48. Green Bay Packers	North	0	16	0.0%	340	350
49. Detroit Lions	North	0	16	0.0%	340	350
50. Minnesota Vikings	North	0	16	0.0%	340	350

For more information on the use of the *bioRxiv* preprint server, see the [bioRxiv](https://www.biorxiv.com) website.



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**1995 WORLD  
GYMNASTICS  
CHAMPIONSHIPS**

## SABAE, JAPAN

© GIL 1-10

[Look for complete coverage of the 1995 World Championships in the January/February 1995 issue of *USA Swimming*.]

## MINES TEAM RESULTS

(The top 10 men's and women's teams qualified for the 1996 Olympic Games in Atlanta, Ga.)

## WOMEN'S TEAM RESULTS

## 数据采集与结果展示

## PRESENT POSITION

ANSWER	NUMBER	PERCENT
1. English	50	100
2. Many Nations	30	75
3. Various Countries	20	50
4. None of the above	5	12.5
5. Many Peoples	5	12.5
6. What People	5	12.5
7. All Peoples	5	12.5
8. None	5	12.5

## RESULTS

Album	Label	Year
1. The Best	937	2001
2. For You	937	2002
3. Stories, Stories	937	2003
4. Story Time	937	2004
5. Another Chapter	937	2005
6. 937	937	2006
7. Homecoming	937	2007
8. Homecoming	937	2008

#### 第六章

## 中西合璧的“新”

Rank	Artist	Score
1	Elton John	92
2	George Jones	88
3	Elvis Presley	88
4	James Brown	88

3	Raw Materials	100	100
4	Manufacturing	100	100
5	Marketing & Admin.	100	100
6	Net Profit	100	100

10 of 10

NAME	CHARGE	AMOUNT
Archie Parker	200	1,000
Alberte Strachan	150	750
James Burns	100	500
George Murphy	100	500
Alvy Parker	100	500
Samie Burns	100	500
Bob Burns	50	250
Samie Strachan	50	250

## WOMEN'S RESULTS

100

Artist	Category	Score
James Brown	Blues	17.71
Elton John	R&B	17.71
Red Hot Chili Peppers	Rock	17.58
Dr. Dre	Hip-Hop	16.67
Stevie Wonder	Blues	16.67
Marvin Gaye	R&B	16.67
Red Hot Chili Peppers	Rock	16.67
Elton John	R&B	16.67
James Brown	Blues	16.67
Stevie Wonder	Blues	16.67

Altersgruppe	Anzahl	Prozent
15-19 Jahre	82	100
20-24 Jahre	93	100
25-29 Jahre	93	100
30-34 Jahre	93	100
35-39 Jahre	93	100
40-44 Jahre	93	100
45-49 Jahre	93	100
50-54 Jahre	93	100
55-59 Jahre	93	100
60-64 Jahre	93	100
65-69 Jahre	93	100
70-74 Jahre	93	100
75-79 Jahre	93	100
80-84 Jahre	93	100
85-89 Jahre	93	100
90-94 Jahre	93	100

1990 1991 1992 1993 1994 1995 1996 1997 1998 1999

BRAND	OWNER	YEAR
Mercedes	Daimler	1926
Lincoln	Ford	1926
BMW	BMW	1926
Volvo	Volvo	1926
Skoda	Skoda	1926
Renault	Renault	1926
Peugeot	PSA Peugeot Citroën	1926
Skoda Auto	Skoda Auto	1926
Renault	Renault	1926
BMW	BMW	1926
Mercedes-Benz	Daimler-Benz	1926

PL 2000-2001

NAME	ADDRESS	PHONE
John Doe	123 Main St	555-1234
Jill Doe	123 Main St	555-1234
Mike Johnson	123 Main St	555-1234
Steve Johnson	123 Main St	555-1234
Barbara Johnson	123 Main St	555-1234
Mike Hollingsworth	123 Main St	555-1234

## **MEN'S ALL-AROUND**

Author	Count	%	#	%	#	%
1. E. W. Engle	99	1.61	1,641	1.67	1,621	1.65
2. Paul Johnson	83	1.42	1,391	1.46	1,372	1.44
3. Joseph Schumpeter	83	1.42	1,421	1.45	1,397	1.39
4. John Maynard Keynes	83	1.42	1,395	1.45	1,380	1.38
5. Max Friedman	83	1.42	1,387	1.45	1,372	1.38
6. Milton Friedman	83	1.42	1,375	1.45	1,362	1.38
7. John Hicks	83	1.42	1,368	1.45	1,353	1.38
8. Paul Krugman	83	1.42	1,363	1.45	1,348	1.38
9. Hayek	83	1.42	1,355	1.45	1,340	1.38
10. John Maynard	83	1.42	1,352	1.45	1,335	1.38
11. Robert Triffin	83	1.42	1,346	1.45	1,320	1.38
12. Hayek	83	1.42	1,345	1.45	1,315	1.38
13. Hayek	83	1.42	1,344	1.45	1,312	1.38
14. Hayek	83	1.42	1,343	1.45	1,308	1.38
15. Hayek	83	1.42	1,342	1.45	1,305	1.38
16. Hayek	83	1.42	1,341	1.45	1,302	1.38
17. Hayek	83	1.42	1,340	1.45	1,299	1.38
18. Hayek	83	1.42	1,339	1.45	1,296	1.38
19. Hayek	83	1.42	1,338	1.45	1,293	1.38
20. Hayek	83	1.42	1,337	1.45	1,290	1.38
21. Hayek	83	1.42	1,336	1.45	1,287	1.38
22. Hayek	83	1.42	1,335	1.45	1,284	1.38
23. Hayek	83	1.42	1,334	1.45	1,281	1.38
24. Hayek	83	1.42	1,333	1.45	1,278	1.38
25. Hayek	83	1.42	1,332	1.45	1,275	1.38
26. Hayek	83	1.42	1,331	1.45	1,272	1.38
27. Hayek	83	1.42	1,330	1.45	1,269	1.38
28. Hayek	83	1.42	1,329	1.45	1,266	1.38
29. Hayek	83	1.42	1,328	1.45	1,263	1.38
30. Hayek	83	1.42	1,327	1.45	1,260	1.38
31. Hayek	83	1.42	1,326	1.45	1,257	1.38
32. Hayek	83	1.42	1,325	1.45	1,254	1.38
33. Hayek	83	1.42	1,324	1.45	1,251	1.38
34. Hayek	83	1.42	1,323	1.45	1,248	1.38
35. Hayek	83	1.42	1,322	1.45	1,245	1.38
36. Hayek	83	1.42	1,321	1.45	1,242	1.38
37. Hayek	83	1.42	1,320	1.45	1,239	1.38
38. Hayek	83	1.42	1,319	1.45	1,236	1.38
39. Hayek	83	1.42	1,318	1.45	1,233	1.38
40. Hayek	83	1.42	1,317	1.45	1,230	1.38
41. Hayek	83	1.42	1,316	1.45	1,227	1.38
42. Hayek	83	1.42	1,315	1.45	1,224	1.38
43. Hayek	83	1.42	1,314	1.45	1,221	1.38
44. Hayek	83	1.42	1,313	1.45	1,218	1.38
45. Hayek	83	1.42	1,312	1.45	1,215	1.38
46. Hayek	83	1.42	1,311	1.45	1,212	1.38
47. Hayek	83	1.42	1,310	1.45	1,209	1.38
48. Hayek	83	1.42	1,309	1.45	1,206	1.38
49. Hayek	83	1.42	1,308	1.45	1,203	1.38
50. Hayek	83	1.42	1,307	1.45	1,200	1.38
51. Hayek	83	1.42	1,306	1.45	1,197	1.38
52. Hayek	83	1.42	1,305	1.45	1,194	1.38
53. Hayek	83	1.42	1,304	1.45	1,191	1.38
54. Hayek	83	1.42	1,303	1.45	1,188	1.38
55. Hayek	83	1.42	1,302	1.45	1,185	1.38
56. Hayek	83	1.42	1,301	1.45	1,182	1.38
57. Hayek	83	1.42	1,300	1.45	1,179	1.38
58. Hayek	83	1.42	1,299	1.45	1,176	1.38
59. Hayek	83	1.42	1,298	1.45	1,173	1.38
60. Hayek	83	1.42	1,297	1.45	1,170	1.38
61. Hayek	83	1.42	1,296	1.45	1,167	1.38
62. Hayek	83	1.42	1,295	1.45	1,164	1.38
63. Hayek	83	1.42	1,294	1.45	1,161	1.38
64. Hayek	83	1.42	1,293	1.45	1,158	1.38
65. Hayek	83	1.42	1,292	1.45	1,155	1.38
66. Hayek	83	1.42	1,291	1.45	1,152	1.38
67. Hayek	83	1.42	1,290	1.45	1,149	1.38
68. Hayek	83	1.42	1,289	1.45	1,146	1.38
69. Hayek	83	1.42	1,288	1.45	1,143	1.38
70. Hayek	83	1.42	1,287	1.45	1,140	1.38
71. Hayek	83	1.42	1,286	1.45	1,137	1.38
72. Hayek	83	1.42	1,285	1.45	1,134	1.38
73. Hayek	83	1.42	1,284	1.45	1,131	1.38
74. Hayek	83	1.42	1,283	1.45	1,128	1.38
75. Hayek	83	1.42	1,282	1.45	1,125	1.38
76. Hayek	83	1.42	1,281	1.45	1,122	1.38
77. Hayek	83	1.42	1,280	1.45	1,119	1.38
78. Hayek	83	1.42	1,279	1.45	1,116	1.38
79. Hayek	83	1.42	1,278	1.45	1,113	1.38
80. Hayek	83	1.42	1,277	1.45	1,110	1.38
81. Hayek	83	1.42	1,276	1.45	1,107	1.38
82. Hayek	83	1.42	1,275	1.45	1,104	1.38
83. Hayek	83	1.42	1,274	1.45	1,101	1.38
84. Hayek	83	1.42	1,273	1.45	1,098	1.38
85. Hayek	83	1.42	1,272	1.45	1,095	1.38
86. Hayek	83	1.42	1,271	1.45	1,092	1.38
87. Hayek	83	1.42	1,270	1.45	1,089	1.38
88. Hayek	83	1.42	1,269	1.45	1,086	1.38
89. Hayek	83	1.42	1,268	1.45	1,083	1.38
90. Hayek	83	1.42	1,267	1.45	1,080	1.38
91. Hayek	83	1.42	1,266	1.45	1,077	1.38
92. Hayek	83	1.42	1,265	1.45	1,074	1.38
93. Hayek	83	1.42	1,264	1.45	1,071	1.38
94. Hayek	83	1.42	1,263	1.45	1,068	1.38
95. Hayek	83	1.42	1,262	1.45	1,065	1.38
96. Hayek	83	1.42	1,261	1.45	1,062	1.38
97. Hayek	83	1.42	1,260	1.45	1,059	1.38
98. Hayek	83	1.42	1,259	1.45	1,056	1.38
99. Hayek	83	1.42	1,258	1.45	1,053	1.38
100. Hayek	83	1.42	1,257	1.45	1,050	1.38
101. Hayek	83	1.42	1,256	1.45	1,047	1.38
102. Hayek	83	1.42	1,255	1.45	1,044	1.38
103. Hayek	83	1.42	1,254	1.45	1,041	1.38
104. Hayek	83	1.42	1,253	1.45	1,038	1.38
105. Hayek	83	1.42	1,252	1.45	1,035	1.38
106. Hayek	83	1.42	1,251	1.45	1,032	1.38
107. Hayek	83	1.42	1,250	1.45	1,029	1.38
108. Hayek	83	1.42	1,249	1.45	1,026	1.38
109. Hayek	83	1.42	1,248	1.45	1,023	1.38
110. Hayek	83	1.42	1,247	1.45	1,020	1.38
111. Hayek	83	1.42	1,246	1.45	1,017	1.38
112. Hayek	83	1.42	1,245	1.45	1,014	1.38
113. Hayek	83	1.42	1,244	1.45	1,011	1.38
114. Hayek	83	1.42	1,243	1.45	1,008	1.38
115. Hayek	83	1.42	1,242	1.45	1,005	1.38
116. Hayek	83	1.42	1,241	1.45	1,002	1.38
117. Hayek	83	1.42	1,240	1.45	999	1.38
118. Hayek	83	1.42	1,239	1.45	996	1.38
119. Hayek	83	1.42	1,238	1.45	993	1.38
120. Hayek	83	1.42	1,237	1.45	990	1.38
121. Hayek	83	1.42	1,236	1.45	987	1.38
122. Hayek	83	1.42	1,235	1.45	984	1.38
123. Hayek	83	1.42	1,234	1.45	981	1.38
124. Hayek	83	1.42	1,233	1.45	978	1.38
125. Hayek	83	1.42	1,232	1.45	975	1.38
126. Hayek	83	1.42	1,231	1.45	972	1.38
127. Hayek	83	1.42	1,230	1.45	969	1.38
128. Hayek	83	1.42	1,229	1.45	966	1.38
129. Hayek	83	1.42	1,228	1.45	963	1.38
130. Hayek	83	1.42	1,227	1.45	960	1.38
131. Hayek	83	1.42	1,226	1.45	957	1.38
132. Hayek	83	1.42	1,225	1.45	954	1.38
133. Hayek	83	1.42	1,224	1.45	951	1.38
134. Hayek	83	1.42	1,223	1.45	948	1.38
135. Hayek	83	1.42	1,222	1.45	945	1.38
136. Hayek	83	1.42	1,221	1.45	942	1.38
137. Hayek	83	1.42	1,220	1.45	939	1.38
138. Hayek	83	1.42	1,219	1.45	936	1.38
139. Hayek	83	1.42	1,218	1.45	933	1.38
140. Hayek	83	1.42	1,217	1.45	930	1.38
141. Hayek	83	1.42	1,216	1.45	927	1.38
142. Hayek	83	1.42	1,215	1.45	924	1.38
143. Hayek	83	1.42	1,214	1.45	921	1.38
144. Hayek	83	1.42	1,213	1.45	918	1.38
145. Hayek	83	1.42	1,212	1.45	915	1.38
146. Hayek	83	1.42	1,211	1.45	912	1.38
147. Hayek	83	1.42	1,210	1.45	909	1.38
148. Hayek	83	1.42	1,209	1.45	906	1.38
149. Hayek	83	1.42	1,208	1.45	903	1.38
150. Hayek	83	1.42	1,207	1.45	900	1.38
151. Hayek	83	1.42	1,206	1.45	897	1.38
152. Hayek	83	1.42	1,205	1.45	894	1.38
153. Hayek	83	1.42	1,204	1.45	891	1.38
154. Hayek	83	1.42	1,203	1.45	888	1.38
155. Hayek	83	1.42	1,202	1.45	885	1.38
156. Hayek	83	1.42	1,201	1.45	882	1.38
157. Hayek	83	1.42	1,200	1.45	879	1.38
158. Hayek	83	1.42	1,199	1.45	876	1.38
159. Hayek	83	1.42	1,198	1.45	873	1.38
160. Hayek	83	1.42	1,197	1.45	870	1.38
161. Hayek	83	1.42	1,196	1.45	867	1.38
162. Hayek	83	1.42	1,195	1.45	864	1.38
163. Hayek	83	1.42	1,194	1.45	861	1.38
164. Hayek	83	1.42	1,193	1.45	858	1.38
165. Hayek	83	1.42	1,192	1.45	855	1.38
166. Hayek	83	1.42	1,191	1.45	852	1.38
167. Hayek	83	1.42	1,190	1.45	849	1.38
168. Hayek	83	1.42	1,189	1.45	846	1.38
169. Hayek	83	1.42	1,188	1.45	843	1.38
170. Hayek	83	1.42	1,187	1.45	840	1.38
171. Hayek	83	1.42	1,186	1.45	837	1.38
172. Hayek	83	1.42	1,185	1.45	834	1.38
173. Hayek	83	1.42	1,184	1.45	831	1.38
174. Hayek	83	1.42	1,183	1.45	828	1.38
175. Hayek	83	1.42	1,182	1.45	825	1.38
176. Hayek	83	1.42	1,181	1.45	822	1.38
177. Hayek	83	1.42	1,180	1.45	819	1.38
178. Hayek	83	1.42	1,179	1.45	816	1.38
179. Hayek	83					

Category	2010	2009	2008	2007	2006	2005	2004	2003
1. Books (Physical)	120	100	120	100	100	100	100	100
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# Focus in the gym

### DANIELLE GRAHAM NASHVILLE, TENNESSEE

Danielle is a member of Four Seasons and serves as the Regional Director of Gymnastics in Franklin, Tennessee. She recently won the Tennessee Level 4 all-around title, winning gold medals in floor, vault and bars and silver on beam. Danielle is competing at competing Level 8.



### RYAN SIMMONS BENDALE, ARIZONA

Ryan is 12 years old and attends Arizona Academy. He is competing this year and is a Class B. He just finished his first year competing and has been a captain. He placed 11th in all of the six events. He earned an all-around high bar and tenth 10th all-around.



### KATIE ELIASER PALMIE, ILLINOIS

Katie is a member of the Illinois Gymnastics Team. She is coached by Scott and Leah Hansen. At the last 4 State Meet Katie won 1st place in all 6 events. She has a 9.0 all-around. She has a 9.4 on floor and 9.3 on beam.



### STEVEN YU STRICKLER MILWAUKEE, WISCONSIN

Steven, 11 yrs., is a Class B gymnast who loves gymnastics. He works with his team at the City of Milwaukee Association Gymnastics Program. His best events are floor bars. Four years ago he and a coach by Roger Hansen and Perry Lee Stevens had made an elite parallel bars and high bar. He began a specialty for the California State the year.



### KRISTIN NICHOLS BIRMINGHAM, ALABAMA

Kristin, 11, is a Level 3 gymnast. She has competed in Level 3 for the past two years. She is coached by Janice Headen of Headen & Associates. Kristin spent a week this summer in Colorado Springs with the Olympic Training Center. She recently performed at the Masters Rollers Rhythmic Games and the National Rhythmic

### MICHAEL PETERS JOHNSON CITY, TENNESSEE

Michael, 10, is from Appalachia Gymnastics Academy and is coached by Dennis Avery. This year he competed in a Level 1 & 2 age group at the Tennessee State Championships. He had to move up to the 10-11 age group to qualify for regionals. He was then at the next level and placed 10th in floor, parallel bars, rings, vault and parallel bars and was third in high bar. He qualified to be a regional team and finished 10th in both floor place and parallel bars.



### MOLLY PETERSON SAN DIEGO, CALIFORNIA

Molly, 11, is now training as a Level 3 gymnast. She also includes a Level 2 routine. Her best and favorite skills on floor, vault and the beam are floor, but you'd never guess that after all the time she's spent at the Level 3 State Championships. She also was the best out of many more floor pieces. Her highest score is a 9.10 on floor her best event.



### AUCIA AND NICOLE VELA-BAILEY DALLAS, TEXAS

Aucia, 12, and her twin Nicole, 10, started about Gymnastics Academy in Houston. They are coached by Jim Hough. At the State Championships, Aucia took first all-around, vault, floor and floor, and third overall in bars and vault. She competed in the 11-12 age group. Nicole competed in the 11-12 age group and was first all-around, vault, floor and floor, and took second in bars. They will enter Masters II, which Level 3 in the fall of 1993.



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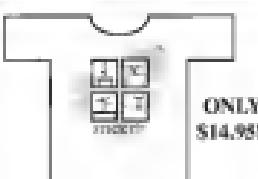
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Alt	Day Dive	9.80

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#### AGES 11-12 • SESSION 1

Club	Altus Academy	Score
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#### AGES 11-12 • SESSION 2

Club	Altus Academy	Score
Alt	Altus Academy	9.80

#### AGES 13 & UP • SESSION 1

Club	Altus Academy	Score
Alt	Altus Academy	9.80

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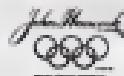
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1	Monday	Math	8:00 AM - 9:00 AM	Classroom A	
1	Tuesday	Math	8:00 AM - 9:00 AM	Classroom A	
1	Wednesday	Math	8:00 AM - 9:00 AM	Classroom A	
1	Thursday	Math	8:00 AM - 9:00 AM	Classroom A	
1	Friday	Math	8:00 AM - 9:00 AM	Classroom A	
2	Monday	Math	8:00 AM - 9:00 AM	Classroom A	
2	Tuesday	Math	8:00 AM - 9:00 AM	Classroom A	
2	Wednesday	Math	8:00 AM - 9:00 AM	Classroom A	
2	Thursday	Math	8:00 AM - 9:00 AM	Classroom A	
2	Friday	Math	8:00 AM - 9:00 AM	Classroom A	
3	Monday	Math	8:00 AM - 9:00 AM	Classroom A	
3	Tuesday	Math	8:00 AM - 9:00 AM	Classroom A	
3	Wednesday	Math	8:00 AM - 9:00 AM	Classroom A	
3	Thursday	Math	8:00 AM - 9:00 AM	Classroom A	
3	Friday	Math	8:00 AM - 9:00 AM	Classroom A	
4	Monday	Math	8:00 AM - 9:00 AM	Classroom A	
4	Tuesday	Math	8:00 AM - 9:00 AM	Classroom A	
4	Wednesday	Math	8:00 AM - 9:00 AM	Classroom A	
4	Thursday	Math	8:00 AM - 9:00 AM	Classroom A	
4	Friday	Math	8:00 AM - 9:00 AM	Classroom A	
5	Monday	Math	8:00 AM - 9:00 AM	Classroom A	
5	Tuesday	Math	8:00 AM - 9:00 AM	Classroom A	
5	Wednesday	Math	8:00 AM - 9:00 AM	Classroom A	
5	Thursday	Math	8:00 AM - 9:00 AM	Classroom A	
5	Friday	Math	8:00 AM - 9:00 AM	Classroom A	

# Woodward Gymnastics



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Tumble Tramp



Pool



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